

## Middler/Senior Divisions (9<sup>th</sup>-12<sup>th</sup> Grades)

**Membership Requirements:** As part of your membership to Sarah Heinz House, you must register for two program offerings, one from our Healthy Choices programs and one from our Life Skills Programs. Please choose one from each category column listed below. You must register by email Cathy Fodor at [fodor@sarahheinzhouse.com](mailto:fodor@sarahheinzhouse.com).

**Box 1 (Required):** Choose one Choice program from each of category, Healthy Choices and Life Skills. You may also choose to register for any other additional programs we offer for your division for an additional fee.

**Box 2 (Optional):** Sarah Heinz House offers many free, open drop-in programs for our members. The classes and times are listed below.

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HEALTHY CHOICES CHOICE PROGRAMS			LIFESKILLS CHOICE PROGRAMS		
Class	Time	Cost	Class	Time	Cost
Dance – Acro Level 5	Fridays, 8:00-8:45 PM	\$60 member \$120 social	Dance – Acro Level 5	Fridays, 8:00-8:45 PM	\$60 member \$120 social
Dance – Ballet Level 4/5	Saturdays, 1:30-2:30 PM	\$60 member \$120 social	Dance – Ballet Level 4/5	Saturdays, 1:30-2:30 PM	\$60 member \$120 social
Dance – Broadway Level 3/4/ 5	Wednesdays, 7:15-8:00 PM	\$60 member \$120 social	Dance – Broadway Level 3/4/5	Wednesdays, 7:15-8:00 PM	\$60 member \$120 social
Dance - Hip Hop-Teen	Mondays, 6:15-7:00 PM	\$60 member \$120 social	Dance - Hip Hop-Teen	Mondays, 6:15-7:00 PM	\$60 member \$120 social
Dance – Jazz Level 5	Tuesdays, 8:00-8:45	\$60 member \$120 social	Dance – Jazz Level 5	Tuesdays, 8:00-8:45 PM	\$60 member \$120 social
Dance – Lyrical Level 5	Wednesdays, 6:15-7:00 PM	\$60 member \$120 social	Dance – Lyrical Level 5	Wednesdays, 6:15-7:00 PM	\$60 member \$120 social
Dance – Pointe	Saturdays, 2:30-3:00 PM	\$60 member \$120 social	Dance – Pointe	Saturdays, 2:00-3:00 PM	\$60 member \$120 social
Dance – Tap Level 5	Saturdays, 12:30-1:30 PM	\$60 member \$120 social	Dance – Tap Level 5	Saturdays, 12:30-1:30 PM	\$60 member \$120 social
			Leave No Trace	Thursdays, 7:00-8:00 PM	Free
Fitness Training	Thursdays, 8:00-9:00 PM	Free	Media Lab: Cricut	Wednesdays, 7:00-8:00 PM	Free
Intro to Sports Training	Wednesdays, 7:30-8:30 PM	Free	Media Lab: Studio	Tuesdays, 6:00-9:00 PM (Sign-Ups Should Attend At Least One Hour)	Free
Swim Team (Must Try Out with Hannah)	Mondays, 6:30-8:00 PM Tuesdays 6:00-7:00 PM Thursdays, 5:00-6:00 PM	Free	Robotics Aerial Drones Team **Invite Only**	Tuesdays, 7:00-8:30 PM	\$75 member \$150 social
			Robotics FRC Team **Invite Only**	Thursdays, 6:00-9:00 PM	\$90 member \$180 social
			Robotics VEX Team **Invite Only**	Wednesdays, 6:00-9:00 PM	\$65 member \$130 social
			Workforce Development-P.R.O.	Wednesdays, 5:30-6:30 PM	Free

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<b>OPEN, DROP-IN PROGRAMS</b>		
<b>Class</b>	<b>Time</b>	<b>Cost</b>
Education Nation	Monday-Friday, 4:30-5:30 PM	FREE
Open Gym	Monday – Thursday, 6:00-9:00 PM Saturday, 12:00-3:00 PM	
Games Room	Monday – Friday, 2:30-9:00 PM Saturdays, 9am-3pm	
Free Meal	Monday – Friday, 4:30-6:00pm Saturday, 11:00am-12:30 PM	
Free Snack	Monday – Friday, 6:30-7:30 PM Saturday, 1:00-2:00 PM	
Friday Night Specials	Friday, 6:00-7:00 PM	
Family Free Swim (Immediate Family Members)	Friday, 7:00-8:30 PM	
Open Swim	Saturday, 1:45-2:30 PM	

If you have any questions or concerns, please do not hesitate to contact a staff member at 412-231-2377.

Thank you for registering your child for membership. Whether you're a new member family or you've been coming to Sarah Heinz House for years, we're happy to welcome you to our SHH family!

